

Important Program Facts

- Use Seniors Farmers’ Market checks to purchase only South Carolina grown fruits and vegetables at authorized community markets and farm stands.
- Although farmers’ market checks can be used until October 15th, you need to use your checks as soon as possible because all markets are not open all season long.
- Farmers at the markets cannot give change back if the purchase is less than the amount of the farmers’ market check.
- Only approved fruit and vegetables shown on the list on back of this brochure can be purchased with farmers’ market checks.
- Look for farmers at the market that display the farmers’ market poster. These are the only farmers that will accept the checks for fresh produce.
- You must sign your farmers’ market checks at the time you are making a purchase at the market. If you are unable to go to the market yourself, you may sign your checks and allow a representative to shop for you.
- Farmers’ market checks that are lost or stolen will not be replaced.
- You may only receive Seniors Farmers’ Market Program checks once per season.

Eligible Produce

Vegetables

Beans	Onions
Beets	Peas
Broccoli	Peppers
Cabbage	Potatoes
Carrots	Pumpkins
Cauliflower	Radishes
Chinese Cabbage	Rhubarb
Collard Greens	Rutabagas
Corn	Spinach
Cucumbers	Squash
Eggplant	Swiss Chard
Fresh Cooking Herbs	Tender Greens
Kale	Tomatoes
Kohlrabi	Turnips/Turnip
Lettuce	Greens
Mustard Greens	Watercress
Okra	

Fruits

Apples	Kiwi
Blackberries	Nectarines
Blueberries	Peaches
Cantaloupe	Pears
Casaba Melons	Plums
Figs	Raspberries
Grapes	Strawberries
Honey Dew Melons	Watermelons

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Seniors Farmers’  
Market Nutrition  
Program

Making it easier to add  
fresh fruits and vegetables  
to your diet!

Participation is limited to  
qualifying senior citizens.

DSS Brochure 3344 (MAR 08)  
Edition of MAY 02 is obsolete.



# Fruit and Veggie Tips

Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.

Top toasted whole-grain bread with peanut butter and sliced bananas.

Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.

Have fruit as a mid-morning snack.

Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.

Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

